

ALASKA POST

Home of the Arctic Warriors

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Aviators certified on new Chinook helicopters



Chief Warrant Officer 2 Jillian Taylor-Furman, a pilot with 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) maneuvers her CH-47F model Chinook helicopter through an ice- and snow-covered valley after dropping off 21 Soldiers to conduct Arctic Light Infantry Training, Level 2 near the Black Rapids Glacier Oct. 22. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

Staff Sgt. Trish McMurphy,
U.S. Army Alaska PAO

The 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) completed all required training and officially assumed operation of 12 CH-47F Chinook helicopters Oct. 23. Boeing presented each company commander with a poster, symbolizing the unit's completion on all of the training required to fully take control of the regiment's 12 new CH-47F Chinook helicopters.

"During the just over four months of CH-47F new equipment training here at Fort Wainwright, 29 pilots, 31 flight engineers and crewmembers, 154 enlisted maintenance avionics personnel and contractors have

all received their certification," Lt. Col. James E. "Jed" Dimon, 1-52nd commander said.

The 1-52nd's mission is to provide aviation general support to U.S. Army Alaska and to deploy and conduct full spectrum aviation operations in support of combatant commanders.

"The new CH-47Fox Chinook brings tremendous improvements and capabilities to our Bravo company 'Sugar Bears', our battalion, 16th Combat Aviation Brigade, and the United States Army Alaska," Dimon said.

With the upgraded helicopters, pilots and crew are able to perform their jobs more proficiently and have more knowledge of what is going on in the helicopter and on the

See AVIATORS on page 4

Picture yourself volunteering



In the Alaska Post spotlight: Cpl. John Meneley, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division. Col. Ronald M. Johnson, garrison commander, stopped by the Community Spouses Club luncheon Nov. 2, to recognize Meneley for his volunteer efforts. Here Meneley pauses for a photo with Command Sgt. Maj. Harry Jefferies (left), Katrina Sczesny, the CSC's 2012 Holly Days Bazaar chair and wife of Spc. Christopher Sczesny, 73rd, and Johnson, demonstrating that volunteering isn't just about selfless acts of kindness, sometimes it's about that 5 minutes. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Command considers taking out ice rink for indoor fitness area

Allen Shaw,
Fort Wainwright PAO

A major impact of the population growth of Soldiers on Fort Wainwright is the lack of indoor activity space, especially for conducting physical fitness activities. Col. Ronald M. Johnson, commander, United States Army Garrison Fort Wainwright said, "It has now reached a point that it is affecting combat readiness. Things will change," he said, "and it will directly affect our Soldiers, Family members and our community."

One of the options current-

ly being considered to address this critical space shortage is repurposing the ice rink at the Physical Fitness Center.

During a decade of conflict the United States Army has dramatically transformed. Army Strong is more than a slogan; it is the epitome of Soldiers and Family members who demonstrate remarkable courage, mental resiliency and physical fortitude every day.

According to the Secretary of the Army, John M. McHugh, and United States Army Chief of Staff Gen. Raymond T. Odierno, "Although the Army will become smaller in the com-

ing months and years, we will preserve the quality of our all-volunteer force." Leadership has mandated working toward a more adaptive, innovative, flexible, agile, integrated, synchronized and lethal, discriminate fighting force.

Over the past eight years, the troop population here has increased from 4,000 Soldiers in 2003 to more than 7,000 today. Johnson said, "Fort Wainwright is approaching a critical crossroads in the area of space management."

He said, "Our leadership,

See ICE RINK on page 5



(File photo/Fort Wainwright PAO)

WEEKEND WEATHER



Friday
Partly cloudy
Highs around -10
Lows: -20 to -25
Night partly cloudy



Saturday
Mostly clear
Highs around -5
Lows: -15 to -20
Night mostly clear



Sunday
Mostly clear
Highs around 0
Lows around -15
Night partly cloudy

BRIEFS

2012 Army Digital Photography Contest

Calling all creative photographers to submit entries to the 2012 Army Digital Photography Contest. Open until Nov. 30, with two divisions: active military members and Family members, Department of the Army civilians and retirees. There are eight categories: People, Military Life, Nature and Landscapes, Animals, Still Life, Design Elements, Digital Darkroom and Monochromatic. For more information and contest guidelines call 361-2175 or 353-7758 or go to http://www.armymwr.com/UserFiles/file/Arts_Crafts/ParticipantGuidelines2012ArmyPhotographyContest.pdf.

Native American Observance

Wednesday, Nov. 28, the Medical Department Activity-Alaska hosts Fort Wainwright's 2012 Native American Observance day with an event at the Physical Fitness Center, Building 3709 from 1:30 to 3 p.m. This event is open to the public.

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SN/ BIRCHWOOD HOMES

Thanksgiving, gratitude and the Holiday weekend

Maj. Gen. Michael X. Garrett,
U.S. Army Alaska commanding general

For nearly 149 years, Americans from all walks of life have gathered together the fourth Thursday in November to give thanks for past and present blessings. I find it ironic that the Thanksgiving holiday was officially established amid our nation’s bloodiest conflict, the Civil War. Just as President Lincoln and the Union Army did all those years ago, I encourage each of you to reflect on the significance of giving thanks during a time of sustained conflict. Please know that each of you – Soldiers, Families and Civilians – are a blessing to the Arctic Warrior Family and our nation. I am thankful and indebted to you for your service and sacrifice.

November gives us the opportunity to gather with friends and family in celebration of the accomplishments and blessings of the past year. We in U.S. Army Alaska have much to be grateful for. We’ve experienced the return of our combat brigades and others units from deployments around the globe. Not everyone can be home this holiday season. I ask that we all pray for the protection and safety of those who are

still overseas as they continue to fight on our nation’s behalf.

We must also recognize that there are thousands of our Soldiers who are stationed in Alaska and will not have the comfort of being with their Families this Thanksgiving. Our Army has a long tradition of those who are fortunate enough to be with their Families inviting others in to their homes for holiday meals to share in the celebration. Leaders, you know your troops and you know who will likely be spending the holiday in the barracks. Please consider whether there is room at your table for a fellow Soldier this Thanksgiving.

Holiday weekends are often times of eager anticipation, festivity and joy, but they can rapidly turn to tragedy if we as individuals fail to maintain and enforce the high standards and values expected of us. The number one cause of holiday fatalities and the number one killer of Army personnel are motor vehicle accidents. Most of these accidents result from driving while fatigued, using excessive speed and poor judgment, and driving under the influence of alcohol.

We must promote a culture of thought in our ranks that encourages

responsible behavior and personal accountability. I do not tolerate DUIs and neither should anyone else. We are each responsible for our own actions and must constantly be vigilant for the safety and wellbeing of our battle buddies. I think it is absolutely tragic that some Soldiers, who sacrifice so much to wear this uniform, serve honorably in combat and dedicate their lives to defending the American people, dishonor themselves and their service by using alcohol irresponsibly. Our values are better than that and I expect every leader and battle buddy to look out for the safety and lives of our Soldiers, even if it means protecting them from themselves.

I am personally inspired to reflect on what I am grateful for. I’m especially thankful for my opportunity to serve in this Army and be a member of the USARAK Family. I appreciate each and every one of you, my Arctic Warriors, and the knowledge and skills you bring each day to ensure we provide the best service possible to the nation we defend.

As always, I am tremendously proud to be your commander. You are the strength of our nation and I am grate-



Maj. Gen. Michael X. Garrett

ful for your contributions to our team. To everyone in the Arctic Warrior Family, including our friends, fellow service members and the communities we serve in, I wish you a happy and safe Thanksgiving holiday.

Arctic Warriors! Arctic Tough!

Thanksgiving weekend holiday hours

Bassett Army Community Hospital
Today - everything but the dining facility is open, with minimal staff.
Monday - normal hours for the entire facility.

Commissary
Today - Normal hours of operation.

G8 Government Travel Card Office
Today – closed.

Main Exchange – Today
Open 4 a.m. to 8 p.m.
Charley’s - open from 3 a.m. to 7 p.m.
Starbucks - open 3 a.m. to 7 p.m.
Subway - open 3 a.m. to 8 p.m.
Furniture store - open 9 a.m. to 6 p.m.
Wireless Advocates - open 4 a.m. to 7 p.m.
Neely Road Express – reopening 5 a.m. (24-hour operations resume)
All other facilities - open normal hours.

Main Exchange – Saturday
Open 6 a.m. to 8 p.m.
Charley’s - open 5 a.m. to 7 p.m.
Starbucks - open 5 a.m. to 7 p.m.
Subway - open 5 p.m. to 8 p.m.
All other AAFES facilities - open normal hours.

Directorate of Logistics - Today
The following activities will be closed:
CIF - Central Issue Facility: Food Ser-

vice, TISA – Troop Issue Subsistence Activity, POL – Petroleum Oil Lubricants
Transportation: (Personal Property, NTV - Nontactical Vehicle Fleet Management, Deployment, Freight, and Transportation Motorpool)
ASP - Ammunition Supply Point, Army Support Activity – ASA Joint Base Elmendorf-Richardson

The following will be open with limited staffing:
Maintenance, Fort Wainwright and ASA Richardson
Ammunition Supply Point (ASP), Fort Wainwright
SSA - Supply Support Activity, Plans and Operations
For issues regarding CIF, Food Service, TISA, and POL, call 361-6577.
For after-hours Transportation issues, call 388-8275.
For any ASP (ASA Richardson) issues, call (907)242-3002.

North Haven Communities neighborhood offices
Today – closed.
Maintenance will be on call for emergency services at 356-7000.

Photography Lab
Today – closed.

Public Affairs Office
Today – closed

Black Friday – ask questions, avoid rip-offs and scams

Adam Harkness,
Anchorage Better Business Bureau

While shoppers are scavenging retail stores during Black Friday, Better Business Bureau warns of anticlimactic bargains, limited quantities and bait-and-switch tactics.

- Have sale advertisements and coupons? Bring them to stores and hold on tight.
- Is it the real deal? Comparison shop online to see how similar products are priced.
- Are there conditions or limitations? Read fine print carefully; look for asterisks and timeframes.
- Is it first come, first served? See if ads specify that supplies are limited.
- See overly-enticing signage? Review closely and snap photos to defend deals.

- Do terms change at registers?
- Watch out for higher prices due to undisclosed stipulations on percentage-off sales and free offers.
- Are there special incentives with in-store credit cards? Beware of high fees and interest rates. Too many open cards can damage credit.
- What about returns and exchanges? Find out if items are “final sale.” Carefully inspect “clearance” merchandise and other markdowns.
- Do ads or offers seem misleading? See the store manager. Contact BBB if problems persist.

Visit bbb.org for more Black Friday shopping tips from BBB serving Alaska, Oregon and Western Washington. For more insight, review BBB’s Code of Advertising at <http://alaskaoregonwesternwashington.bbb.org/bbb-code-of-advertising/>.

Here comes Santa Claus

Santa traditionally arrives at Fort Wainwright’s Holiday Tree Lighting Ceremony by fire truck, as seen here in this 2010a photo. This year’s ceremony is scheduled for Dec. 5 at 5:30 p.m. at the Physical Fitness Center. For more information on this, or any other Directorate of Family and Morale, Welfare and Recreation activity, visit their website: www.ftwainwrightfmwr.com. (File photo by Brian Schlumbohm)

November is a time to learn about and commemorate the vibrant, myriad cultures of our country’s first people, American Indians and Alaska Natives

U.S. Army Alaska Equal Opportunity Office and Medical Department Activity-Alaska

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country’s character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American Indians and Alaska Natives have enriched our nation, and we renew our commitment to respecting each tribe’s identity while ensuring equal opportunity to pursue the American dream.

Since 1900, many people have sought to recognize the great influence American Indians have had on the history, cultural development, and continuing growth of the U.S. Various dates and weeks were acknowledged until 1976, when Congress authorized a week in October as Native American Awareness

Week. Finally, in 1990, the month of November was chosen because it is traditionally a time when many American Indians gather for fall harvest festivals, world-renewal ceremonies and powwows.

The 2012 Fort Wainwright National Native American Heritage Month Observance is Nov. 28 from 1:30 to 3 p.m. at the Physical Fitness Center gym and is sponsored by the Medical Activity-Alaska in partnership with the Fort Wainwright Equal Opportunity Office.

The guest speaker for this month’s observance is Dr. Walkie Charles, assistant professor, Alaska Native Language Program, University of Alaska Fairbanks.

Visitors without DoD ID need to stop at the main gate visitor center to obtain an installation pass before entering the post. Drivers must present a valid driver’s license, proof of vehicle insurance and the vehicle registration.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

Firearms safety – an inherent responsibility

Command Sgt. Maj. Bernie L. Knight, U.S. Army Alaska Command Sergeant Major

Privately owned weapons are an undeniable part of our military culture and many U.S. Army Alaska Soldiers own them. With that ownership, comes a tremendous responsibility.

As Soldiers we are accustomed to being around firearms – we learn from basic training the proper ways to handle and fire our weapons safely.

It’s crucial that you treat your privately owned weapon with the same respect and caution as your assigned weapon.

Firearms ownership comes with an inherent responsibility to understand the risks exposed to not only you, but your friends and family members.

In Fiscal Year 2012, there were 10 negligent-discharge incidents involving USARAK Soldiers and privately owned weapons, according to the USARAK Safety Office. People were injured in eight of those incidents.

While each situation had its own unique circumstances, there were some common factors – the largest was owners assuming their loaded weapons were cleared. The most common statements we hear after an accidental or negligent

discharge is: “I didn’t know it was loaded” and “I thought it was clear.”

Most weapons incidents occurred after midnight, with at least three of the incidents happening while owners were cleaning their weapons after 1 a.m.

- Some good principles to

ligent discharges aren’t just a tragic mistake; they are clear violations of USARAK and post policy. These incidents can result in an Article 15 or even court martial depending on the severity of the situation.

Accidental and negligent discharges of any

or neighbor.

You have to THINK! If you own a firearm or are considering purchasing one, remember the acronym “THINK”:

- Treat every weapon as if it were loaded.
- Handle every weapon with care.
- Identify the target be-

Local laws – Soldiers also need to be aware of Alaska state laws and understand when and where Uniform Code of Military Justice and federal laws apply.

The state of Alaska allows for the open carry of weapons under most situations; however there

weapon is locked in your trunk. Failure to do so can result in the permanent confiscation of that weapon and a potential fine or arrest.

In the event a police officer decides to question someone who has a weapon on their person, or in their vehicle, that officer is allowed to take control of the weapon and keep it for the duration of the questioning or investigation. Failure to surrender the weapon will be considered a crime and it will get you arrested.

UCMJ, federal laws and installation policy

Even with relatively lenient gun laws in the state of Alaska, understand that when you enter a military installation, you’re back under UCMJ and federal law.

Privately owned weapons must be declared, registered and stored in accordance with USARAK Regulation 190-1. Copies of the registration forms can be found at both the Visitor’s Control Center and the Military Police station on post.

So, from the USARAK Command Sergeant Major: THINK and be a responsible gun owner. Our lives depend on you!

For more information on weapons safety contact your unit safety officer or visit the website: <https://safety.army.mil/rangeweaponssafety>.



Firearms ownership comes with an inherent responsibility to understand the risks exposed to not only you, but your friends and family members. (Photo by TSgt Samuel Bendet/Torch Magazine)

live by are:

- Store your weapons in a gun safe or locker
- Keep your ammo locked up in a separate container
- Ensure children do not have access to your weapons; this requires permission and supervision.
- Teach your family members gun safety even if they will never fire them
- Never show or play with weapons and ammo while drinking
- Always clear your weapons - NEVER ASSUME IT’S CLEAR

Accidental and neg-

weapon can lead to an inline investigation where the liability of the shooter will be determined. If the Soldier is found to have acted outside the line of duty, by means of alcohol or recklessness, he or she could be held liable for all damages and medical expenses. That’s in addition to facing the penalties, jail time or monetary losses, for any violations of related policies and regulations. The worst scenario is living with the thought of accidentally taking the life of a friend, family member

fore you fire.

- Never point the muzzle at anything you don’t intend to shoot.
- Keep the weapon on safe and your finger off of the trigger until you intend to fire.

Leaders – know which of your Soldiers own firearms. Make sure they understand the risks of gun ownership and are applying the right safety measures to control those risks. Ensure they understand the policies and regulations governing privately owned weapons.

are exceptions that must be followed:

No firearms can be taken into any establishments that serve alcohol, federal buildings, which include government offices, police and fire departments, schools or any establishment prohibiting weapons.

When carrying a weapon or transporting one in your vehicle you must declare you have that weapon. If you are approached by the police you must notify them of the weapon’s presence immediately, even if the

Thankful for safety tools – for individuals, buddies and Army Strong teams

Lt. Gen. Michael Ferriter, Installation Management Command commander

Thanksgiving is a day for reflection and for giving thanks for all we have been blessed with. It also marks the beginning of the winter holiday season. During this time, I encourage everyone to take a well-deserved break and spend time with family and friends.

Just keep safety a priority, whatever activities you have planned. Stay safe and watch out for others by applying the same risk management

standard during your holiday activities as you do when you are on-duty.

Many of us will be traveling during the Thanksgiving Day weekend. If you hit the road, even for a short trip, take into account increased traffic, seasonal weather conditions and other risk factors. A lot of risk factors-such as speeding and driving under the influence-are in our control, so we need to be smart and make the right decisions. Use your safety equipment, watch your speed, and avoid anything, such as drinking and texting, that compromis-

es your ability to drive safely. The U.S. Army Combat Readiness Safety Center provides Travel Risk Planning System - TRiPS - and other risk reduction tools at <https://safety.army.mil>.

We all need to be aware that the holiday season traditionally sees an increased number of suicides. We need to look out for each other, for our teammates, Family members and friends, and if we recognize potential warnings signs, reach out and help. Prevention information is at www.armyg1.army.mil/hr/suicide/default.asp.

If you have immediate concerns, contact the Suicide Prevention Lifeline at 1-800-273-8255.

The success we’ve seen in the past year has certainly given us reason to be thankful, and it is through your hard work and dedication that has made it so successful. Thank you for all your hard work and dedication in serving our Soldiers, Civilians and Families. Command Sgt. Maj. Eric Rice and I wish the best to you and your Families for a safe and enjoyable Thanksgiving. Army Strong!



Lt. Gen. Michael Ferriter

ARE YOU A
VICTIM OF
OR WITNESS
TO SPOUSE
ABUSE?
CHILD
ABUSE?

CALL
388-2260

NO NAME
REQUIRED

17403969
NORTH STAR DANCE
AK POST/AK POST-NUTC
2 x 3.0

13403234
VIP CLEANERS
AK POST/AK
POST-STV
1 x 3.0

17403807
CUSTODY SOLUTIONS,
LLC
AK POST/CHILD CUSTOD
2 x 3.0

17403952
FAIRBANKS NORTH STAR
BORO
AK POST/AK POST-HOLI
3 x 6.0

Fort Wainwright Rising Star winner makes it to the top twelve

Allen Shaw,
Fort Wainwright PAO

As always, your vote counts and you can make a difference. But know you have an opportunity to show support for the Army in Alaska on a National

stage during the eighth season of Operation Rising Star.
Calvin Snead, former Soldier, Army reservist, alumni of the 2010 Army Soldier Show, husband of Staff Sgt. KaMesha Snead, Dental-Activity Alaska and winner of the 2012 Fort Wainwright



Calvin Snead, former Soldier, Army reservist, alumni of the 2010 Army Soldier Show, husband of Staff Sgt. KaMesha Snead, Dental-Activity Alaska and winner of the 2012 Fort Wainwright Operation Rising Star competition is in the top twelve finalists Army-wide. Snead sang the National Anthem during the University of Alaska Fairbanks Nanook hockey game Saturday, Nov. 17. It was the conclusion of a special Military Appreciation week by UAF athletes. (Photo by Allen Shaw/Fort Wainwright PAO)

Operation Rising Star competition is in the top twelve finalists Army-wide.
Operation Rising Star, a military singing competition based on the FOX television show “American Idol,” has celebrity judges and recording artists, and will be televised by the Pentagon Channel. Shows are scheduled to air at 8 p.m. Eastern Standard Time, which will be 4 p.m. here; Dec. 8, 10, 12, 14 and 15.
Those who don’t have access to the Pentagon Channel can stream the program live on <http://www.armymwr.com/recreation/promotions/contestants.aspx>. Voting will be open for two hours after each broadcast.
Snead, a former Soldier from Tifton, Ga., said he is excited to compete at the Fort Sam Houston Theatre, home of Army entertainment. “One of the greatest opportunities is working with famous vocal coach Debra Byrd, who has been the main vocal coach on American Idol”.
Snead impressed the judges and wowed the crowd during the local competition, a video of his performance was then sent to the Installation Management Command and FMWR Entertainment, where an expert panel of judges narrowed it down from 34 installations around the world.
Other finalists include Capt. Jaqueline Allen of Fort Gordon, Ga., who said, “Music is my first love and greatest passion.” Allen prefers gospel, soul and R&B music.
Staff Sgt. John Andelefinger of Yongsan, Korea, is a member of the 51st Security Force Squadron at Osan Airbase, sang Bon Jovi’s “Always” to win at the garrison level.
Spc. Paula Ashcraft of Detrick, Md., and a logistic supply specialist was also the 2011 Operation Rising Star at the local competition.
The next competitor said she patterned herself after Christina Aguilera. Senior Airman Sherita Cummings of Joint Base San Antonio Sam Houston was selected for the 2010 Tops in Blue Worldwide Talent Contest.
Spc. Rueben Eldridge of Joint Base Langley-Eustis, Va., said he prefers country, but likes all kinds of music.
A human resources specialist representing Fort Leonard Wood, Mo., and

Pfc. Marvin Forbes has been singing since age 5 and said, “Music is my release. My only real relaxation is my music,”
1st Lieutenant Thomas Johnson of Fort Jackson, S.C., has deployed to Afghanistan, Thailand and twice to Iraq. He said his style in most influenced by opera and 80’s music.
Another runner-up from the 2011 Operation Rising Star local competition, Spc. Mary Knudson of Wiesbaden, Germany, has been singing and playing musical instruments most of her life. “It’s everything to me,” she said.
Spc. Constance Mack, a linguist representing the Presidio of Monterey, Calif., is a jazz enthusiast. She won the local competition last year but did not make it to the finals.
A petroleum supply specialist, Staff Sgt. Darren McGraw of Grafenwoehr, Germany was the runner-up in this year’s local competition but is advancing because the winner advanced last year. He said, “I grew up listening to music. When it all fell down, music was there to pick me back up.”
Another Family member, like Snead, is Christina Williams, representing the Naval Support Facility in Dahlgren, Va. Williams won the 2010 Tennessee All-Star in Music award and hopes her participation in this event will allow her to become more involved with the military community.
Snead, who leaves for Texas Dec. 1, is hoping that members of the Fort Wainwright, Fairbanks and Alaska tune in a support him through the voting process. He said, “I promise to make everyone proud. Music has allowed me to travel the world and meet, network and have experiences that only music can create. I’m just very appreciative that they still have competitions for the Military Family to participate.”
Snead has been in contact with the producers and had to choose ten songs from a long list. “Although I’m a gospel artist, I think I’ve chosen a nice variety of music that should showcase my vocal range.”
For more information on Operation Rising Star and how you can support Snead, call MWR at 353-6043, PAO at 353-6700 or look for Calvin Snead Fairbanks, Alaska on Facebook.

Aviators: Seeing tremendous improvements, new era



Sgt. William Rose, a flight engineer with 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) secures the initial load of gear belonging to the crew aboard the CH47F Chinook helicopter before taking on more than 20 Soldiers to transport more than 100 miles away for Arctic Light Infantry Training level 2 near the Black Rapids Glacier, Oct. 22. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

Continued from page 1

ground, according to one of the regiment’s aviators.
“The CH-47F has brought the aircraft into a new era,” 1st Lt. Shriber, B Company, 2nd Flight platoon leader said. “Users of these new configurations will enjoy the Chinooks digital

benefits, significant improvement in the supportability and maintainability while still relying on unparalleled performance that has made the Chinook the work horse of the Army’s rotary wing fleet.”
“When it comes to combat operations,” Shriber said, “you cannot beat the Chinook.”



Chief Warrant Officer 3 Francois Collard, an instructor pilot for 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) transports 21 Soldiers and their gear from Fort Wainwright to their training area near the Black Rapids glacier Oct. 22. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

Gobbling up some good food and football: That’s what I’m talking about

Allen Shaw,
Fort Wainwright PAO

Thanksgiving weekend is always a major turning point for the National Football League and a great day for friends, family, food and stretchy pants. By now the solid teams are hitting their stride, the weaker teams scramble to make changes and injuries take a toll throughout the league. In the match-up between the New England Patriots and Indianapolis Colts Sunday, Nov. 18, New England defeated Indy 59-24, but paid a price. Mega-star tight-end Rob Gronkowski caught seven passes for 137-yards and two touchdowns then left the game








with an apparent injury. It was later reported he had a broken forearm. He underwent a reportedly successful surgery Monday and is expected to be out four-to-six weeks. In the Thursday game Nov. 15, a 79-yard punt return helped the Buffalo Bills beat the Miami Dolphins, 19-14. In a battle of birds, the Atlanta Falcons overcame five interceptions by quarterback Matt Ryan to clip the Arizona Cardinals, 23-19. The Tampa bay Buccaneers salvaged a 27-21 overtime victory over the Carolina Panthers and the Dallas Cowboys squeaked past the Cleveland Browns, 23-20 in overtime. Andre Johnson caught a

screen pass from quarterback Matt Schaub and ran 48-yards to rally the Houston Texans who defeated the Jacksonville Jaguars, 43-37, also in overtime. Schaub threw a career-high five touchdown passes and compiled 527-passing yards. In a hard fought skirmish in the National Football Conference North, rivals Green Bay Packers defeated the Detroit Lions, 24-20. The Cincinnati Bengals devoured the Kansas City Chiefs 28-6. The New York Jets ended a three-game skid and beat the St. Louis Rams, 27-13, while the Washington Redskins deep-fried, baked, barbecued and smoked the Philadelphia

Eagles, 31-6. The Eagle defense was fowl, that’s what I’m talking about. The New Orleans Saints are back to their winning ways, defeating the Oakland Raiders 38-17, the Denver Broncos pulled the plug on the San Diego Chargers, 30-23 and the Baltimore Ravens hammered it out against the Pittsburgh Steelers in a hard-hitting, 13-10 victory. On Monday night, San Francisco quarterback Colin Kaepernick took advantage of his first NFL start ever, threw for 243-yards, two touchdowns and helped his 49er teammates soundly defeat the Chicago Bears, 32-7. As for the Fort Wainwright prognosticators, everyone did

extremely well. Browbrose Salsa and A-Team actually went undefeated, tacking on 14 wins and no losses. A-Team now has the top spot with Brain one game behind. I love it when a plan comes together. Jones Bros are only one game back of Brain, Browbrose and Bear are right behind them, Tate remains in striking distance and Urbi continues to inch up the ladder. Enjoy your holiday weekend. I hope you are full of food, happy, safe and surrounded by friends and family. I am thankful for my loved ones, my friends, Team Wainwright, my flat screen and very thankful for you. Have a Happy Thanksgiving - that’s what I’m talking about.

Prognosticators – football predictions for fun and braggin’ rights

						
A-Team	Brain	Browbrose Salsa	Bear	Urbi	Jones Bros	Tate
(109W-50L-1T)	(108W-51L-1T)	(106W-53L-1T)	(104W-55L-1T)	(88W-70L-1T)	(107W-52L-1T)	(100W-59L-1T)
HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI	HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI	HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI	HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI	HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI	HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI	HOU @ DET WAS @ DAL NE @ NYJ TEN @ JAC BUF @ IND PIT @ CLE OAK @ CIN DEN @ KC SEA @ MIA ATL @ TB MIN @ CHI BAL @ SD STL @ AZ SF @ NO GB @ NYG CAR @ PHI

Ice rink: Leadership seeks feedback with special survey

Continued from page 1

our unit commanders are now tasked with meeting the challenges of shaping the world’s finest and most proficient fighting force. Their job is to train and develop Soldiers who have a high level of fitness, capable of

performing a multitude of physical tasks, involving strength, speed and agility.” The indoor space to do that effectively on Fort Wainwright is limited. The Army refers to this as Mission Essential Fitness – a specialized training required to condition Soldiers to perform

their mission, in garrison as well as any operational environment. Functional training is currently being used throughout the Army to develop tactical athletes who are both aerobically and an-aerobically fit. Recent history shows that due to the lack of core training, Soldiers return from deployment with preventable injuries. Functional training focuses primarily on the development of core muscles as stabilizers by increasing muscular balance and joint stability, thus affecting a Soldier’s performance during the demands of combat. The machines, exercise routines and equipment used mimic the movements the Soldier faces in battle situations. Johnson said, “Our biggest hurdle is not the willingness or desire, it is our climate and space restrictions. The money is not budgeted for constructing a new building.” Compounding this problem is the fact that the current fiscal environment is extremely challenging when it comes to future Military Construction programs - the program we have that would allow us to build more facilities in support of this requirement. At the beginning of the last fiscal year, Fort Wainwright had an approved MILCON program of \$330 million. After congressionally mandated spending cuts and reductions, the installation lost \$320 million from the program. Additionally, over the next five-year budget program, Congress has given the Department of Defense a target of \$21.7 billion in reductions. “We have to make some really hard decisions about how to best utilize our existing facilities in a way that ensures the combat readiness of our Soldiers balanced with recreational opportunities for our Families,” Johnson said, “We have to go forward with the belief that when looking at our facilities and future requirements, we likely have what we have and will not get anything new.” Army leadership understands the impact this retooling may have on the community and is reaching out for input through customer comments and a special survey of needs. For more information or to make comments contact pao.fwa@us.army.mil and to complete the survey, visit https://www.surveymonkey.com/s/fwa_ice_rink.

Survey asks - should the ice rink be converted to indoor cross training area?

Staff report, Fort Wainwright PAO

Fort Wainwright is offering a customer feedback survey for fitness center and ice rink patrons on post and in the Fairbanks North Star Borough. The purpose of the survey is to understand the recreational impacts of converting the existing Fort Wainwright ice rink into an alternative fitness facility. The full survey is available online and there’s space for comments, go to https://www.surveymonkey.com/s/fwa_ice_rink. Here are some sample questions: How often do you or a member of your family utilize the Fort Wainwright ice rink? What is your primary purpose(s) for using the ice rink? Do you utilize other ice rinks throughout the community? How often do you use these ice rinks? Would closure of the Fort Wainwright ice rink have a negative impact in meeting the recreational needs of you and your family? Feedback and suggestions may be submitted via email to the Public Affairs office at pao.fwa@us.army.mil.



Steve Tate, Physical Fitness Center manager operates the Zamboni in this undated file photo. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

Friday – 23rd

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAMILY SNOWMACHINE RUN, 1 p.m., Outdoor Recreation Center, Building 4050. Cost is \$25, drivers must be age 18 or older, No cost for passenger, passenger must be age 8 or older. Call 361-6349.

STORY HOUR THEMES: CELEBRATE NATIONAL NOVEL WRITING MONTH, 4 p.m., Post Library, Building 3700. Call 353-2642.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday – 24th

STILES CREEK SNOWMACHINE TRIP, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$75. Call 361-6349.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR ATHLETES, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

CHESS CLUB, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

DARTS TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 25th

NFL DIRECT TV PACKAGE, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

Monday – 26th

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday – 27th

GROUP CYCLING CLASS, 6:30 a.m. and 5:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ARMY FAMILY ACTION PLAN - AFAP Conference 2012, 8 a.m. to 5 p.m., Military Training Complex, Building 3437. Call 353-2382.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR ATHLETES, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Wednesday – 28th

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ARMY FAMILY ACTION PLAN - AFAP Conference 2012, 8 a.m. to 5 p.m., Military Training Complex, Building 3437. Call 353-2382.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

FULL MOON SKI, 4 p.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

TURBO KICK, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 29th

GROUP CYCLING CLASS, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

ARMY FAMILY ACTION PLAN - AFAP Conference 2012, 8 a.m. to 5 p.m., Military Training Complex, Building 3437. Call 353-2382.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING CLASS, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

BOUNCY HUT NIGHT, 5 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Ages 4-12. Call 353-7755.

YOGA FOR BEGINNERS, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Friday – 30th

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

STORY HOUR THEMES: DAY OF THE DEAD, 4 p.m., Post Library, Building 3700. Call 353-2642.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Holiday courtesy - Santa's bells and carols are the only sounds I want to hear this season

Trish Muntean, Fort Wainwright PAO

I suspect that if someone took my phone away from me I would go through major withdrawals. It allows me to stay in touch with far-away friends and family via texting and email, check CNN (and yes, Facebook) from just about anywhere. Sometimes I even use it to make phone calls.

I do hope that when I am using my cell phone I am doing it without annoying the people around me. I wish I could say the same about them. While I notice these behaviors all year round, it is even worse at this time of year when people are crowded into airports or waiting in lines at their favorite shopping location. Some of them are so annoying that I just want to reach out and touch someone.

Let me share with you a bit of what is annoying me and if you're reading it and think you may be guilty of such behavior, you might want to learn some new habits.

1. Loud ring-tones. Really? You need it that loud? If so, I am surprised that you can carry on a phone conversation without a text telephone device at all. (TTY is a text telephone used by the hearing impaired, sometimes also referred to as a TTD) I won't even mention how obnoxious some of these ringtones are. Wow!

2. Cell-yell. While it has been annoying me for a very long time, I didn't realize it was bothering enough other people for it to be a real word.

Cell-yell is any excessively loud talking on a cellular telephone. What is excessive? In my opinion, any voice louder than the one that you use in casual conversation with someone sitting right next to you is simply not necessary as cell-phone technology is so good that in most conversations you probably could hear a pin drop.

3. Not turning off your cell phone when you are at the dinner

table or in a meeting. If you're expecting a call and must leave it on, put it on vibrate and let us know you're expecting a call and may have to excuse yourself to do it. And then do leave the room to take the call. I don't want to hear it and I don't think anyone else does either.

Also, avoid taking personal calls in public places. You wouldn't believe some of the cell-phone conversations I have overheard and wish I had not. This is not a good time to argue with your significant other or discuss a medical diagnosis. If you must take a personal call while in a public place, please try to put 10 feet between you and the nearest person and keep it short.

4. Do you put whoever you are talking to on hold to check who is on call-waiting? My mother does this all the time. When she gets back to my line she finds a dial tone and I don't pick up when she calls me back. In other words, love the one you're with. Also, I can't imagine a situation that the person calling is more important than the person sitting there in front of you, so don't pick it up, let it go to voice mail and call back later.

Like most rules, there are exceptions to the above. It doesn't apply if your deployed Soldier is calling or if you had previously explained you are expecting an important call.

5. Take care of your business first and then talk on your phone later. In other words, don't be on your cell phone when it is your turn at the cashier. It is not just rude to the cashier; it annoys those of us waiting in line behind you.

6. I probably have no right to fuss about it since I too am guilty of bad behavior while using my cell phone, but I will anyway. I talk and drive. Often. Yes, I have a hands-free device installed on my car, but it doesn't make it any safer. My child scares me even worse. He tends to text and drive.

Get in the holiday spirit!



These Fort Wainwright Soldiers got into the holiday spirit in 2010 and collected toys for children in the local community. There are many opportunities to share the holiday spirit locally and that includes the Armed Services YMCA food pantry, which can be reached at 353-5962. (File photo by Brian Schlumbohm)

Not just stupid, but against the law as well. I just pray he doesn't get killed or kill someone else while doing it. Behind the wheel is not a good place to practice my multi-tasking skills and I really am working on it.

The website www.distraction.gov provides information about the dangers of distracted driving and said that in 2010, nearly 3,000

people died and half a million were injured in accidents involving a distracted driver. A distracted driver is one using a cell phone to talk or text while driving, even if using a hands free device.

Please, give the gift of good manners and common sense to all of us this holiday season and be smart about using your cell phone.

FORT WAINWRIGHT ICE RINK SURVEY

The purpose of this 11-question survey is to understand the recreational impacts of converting the existing Fort Wainwright ice rink, located in the Physical Fitness Center, Building 3709, into an alternative fitness facility. To participate in the survey go to https://www.surveymonkey.com/s/fwa_ice_rink.

BIRCH HILL SKI AND SNOWBOARD AREA

The Birch Hill Ski and Snowboard Area is open for use. The lift will close when temperatures are 20-below zero or colder for safety reasons. Season passes will be available through Nov. 25. Early Bird Rates: Family Pass \$470; Adult Pass, age 18 and older, \$195 and Youth Pass, ages 17 and under, \$140. Regular Rates: Family Pass, \$525; Adult Pass age 18 and older \$250 and Youth Pass, ages 17 and younger, \$195. More information is on Facebook at *BirchHillFtWW*.

FIREWORKS BAZAAR

The North Pole Chamber of Commerce hosts an annual Winterfest Bazaar in the North Pole mall 10 a.m. to 5 p.m. Dec. 1. There will be local holiday crafts, baked goods, jewelry, toys and other wares at the bazaar. The free fireworks show begins at 5 p.m. in the parking lot.

PROTESTANT WOMEN OF THE CHAPEL

Calling all ladies: Protestant Women of the Chapel’s fall semester is in full swing. PWOC meets Thursdays from 9:30 to 11:30 a.m. at Northern Lights Chapel, Building 3430. Join Fort Wainwright community ladies for great food and fellowship. Childcare and a home-school room is available. PWOC also meets for an evening Bible study Wednesdays along with a spaghetti dinner starting at 5:30 p.m. at Northern Lights Chapel. For more information go to Facebook and search ‘PWOC Fort Wainwright’ or email at wainwright@pwoc.org.

ARMY FAMILY ACTION PLAN

Fort Wainwright will host the 2013 AFAP Conference starting Tuesday, Nov. 27 through 29. The Army Family Action Plan is a grass roots process that directs actions to enhance readiness and increase retention by improving the standards of living for Soldiers, DoD civilians, retirees and their Families. Let Army leadership know what works, what doesn’t and what they think will take to fix it. If you have an idea on improving quality of life, make your voice be heard by calling 353-2382 or email fwa.afap@gmail.com.

LADIES’ LUAU

A Ladies’ Luau health care event will be hosted by the Bassett Army Community Hospital on Thursday, Nov. 29, from 5 p.m. to 8 p.m. Offered will be: Massages, skin care, aroma therapy, Yoga and Zumba classes, refreshments and drawings for mani/pedi gift cards. Also available will be; Paps, clinical breast exams, vouchers for mammograms, blood pressure screening and nutrition education. For more information call 361-4148.

SCHOOL BAZAAR

A holiday bazaar is slated for Dec. 1 at Ticasuk Brown Elementary School. More than 30 national and local vendors will offer their wares at the bazaar. The bazaar will take place 10 a.m. to 4 p.m. Attendees may also bring donations for a Fairbanks-area toy drive, if interested. For more information call 488-3200 ext. 115.

WINTER GEAR

For heavy boots or ice skates check with the Thrift Store, their stock changes daily. The store is located in Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

COMMUNITY OF FAITH ADVENT EXPERIENCE

Come enjoy this family event for all ages. There will be craft-making, hot cocoa and cookies. Activities are set for 2 to 5 p.m. Dec. 1 at the Last Frontier Community Activity Center, Building 1044. Crafts include: Advent offering box, Mouse Christmas ornaments, Jesus in a manger, silhouette nativity scene and much more. For more information call the chapel’s volunteer coordinator, (907) 687-7095.

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DECEMBER EVENTS

The 9th Army “Arctic Warrior” Band’s annual holiday concert is slated for 7 p.m. Dec. 18 at the Hering Auditorium. From old standards to children’s songs and new, chart-topping hits, The band can perform it all. This concert is free and open to the public.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Calls 353-7223 for more information, rates are posted at www.ftwainwrightfmwr.com.

MILITARY DISCOUNTS

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

BUGLE CALLS

Ever wonder what that bugle call signifies on the Giant Voice? Listen to dozens of bugle calls, download and share music files and see short descriptions for each bugle call on the U.S. Army Band’s website: <http://bands.army.mil/music/buglecalls/default.asp>.

EMPLOYEE INSURANCE

Federal employees are encouraged to review health, vision and dental coverage during open season. Employees may also initiate or make changes to their flexible spending accounts during open season, Monday, Nov. 12 through Dec. 10. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits Program eligible employees and enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year. Stop by the health fair or contact the Civilian Personnel Advisory Center for more information.

OFFICIAL INFORMATION

Fort Wainwright’s official Facebook page for installation news and events can be found at www.facebook.com/FortWainwrightPAO.

PUBLIC SAFETY NEWS

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart phones by sending a text message to “888777” without quotation marks and enter Fort Wainwright’s zip code “99703” to register. Subscriptions are available at www.nixle.com. By registering via the Web, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at www.nixle.com.

HEALTH RESOURCES

Arctic Health Link has moved to Building 4077, across the parking lot from the Bassett Army Community Hospital. AHL works to educate and promote healthy behaviors by encouraging beneficiaries to take an active role in maintaining the health and well being of themselves and their family. For more information call 361-4148.

FLU SHOTS

For more information on vaccinations call preventive medicine at 361-5182.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At <https://www.dmdc.osd.mil/milconnect> you can update

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your address and/or phone number on your DEERS record by signing into, choosing “My Profile Information” and clicking “Update Address”. Scroll to the bottom and click “Submit” to add or update any of your contact information.

LIBRARY NEWS

English papers don’t write themselves. English and math students needing assistance can make an appointment for tutoring at the Post Library, Building 3700. For more information, call 353-4137.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians and a designated assembly area for 100 percent accountability of personnel. To answer questions, contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

COMMUNITY NEWS

Receive a weekly calendar of events offered in Fairbanks, North Pole and other towns via email. Using subject line: Subscribe, send an email to pao.fwa@us.army.mil.

ALASKA POST SUBMISSIONS

Submit a photo, place a post event or class on the calendar, send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week. Please include the name of the event or class, date, time, location and a contact phone number or email.

ALASKA POST ADVERTISING

For display advertising contact the Fairbanks Daily News- Miner at 459-7548.

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at pao.fwa@us.army.mil or call 353-6780

NEWS TIP LINE

For the News Tip Line, call 353-6779.

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Military Appreciation Week

Fort Wainwright thanks the University of Alaska Fairbanks and the Athletic Department for all the support shown to our nation’s military and their Families over the past few weeks. From the individual meet-and-greet sessions held on Fort Wainwright, to the many opportunities to visit and watch the exiting UAF sporting events. Thank you.



Members of the University of Alaska Fairbanks Nanook hockey team stand for the National Anthem, Saturday at the Carlson Center, performed by Calvin Snead (on overhead monitor), winner of the Fort Wainwright Operation Rising Star competition. Snead, former Soldier, Army reservist, alumni of the 2010 Army Soldier Show, husband of Staff Sgt. KaMesha Snead, Dental Activity-Alaska and winner of the 2012 Fort Wainwright Operation Rising Star competition is in the top twelve finalists Army-wide. (Photo by Allen Shaw/Fort Wainwright PAO)



University of Alaska Fairbanks’ Rifle team came to Fort Wainwright on Thursday, Nov. 8, for a meet-and-greet with military members and Families at the Birch Hill Ski and Snowboard Area. Lorelie Standfield, Freshman at UAF shows Andrew Martucci, son of Lisa and Sgt. Michael, Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division the finer points of target shooting. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Dwight Singleton, son of Yolanda and Sgt. 1st Class Robert Singleton, Northern Warfare Training Center got help from mom suiting up before going out to skate with the Nanook hockey team during a meet and greet and the Fort Wainwright ice rink Nov. 14 (Photo by Trish Muntean/Fort Wainwright PAO)



University of Alaska Fairbanks vice chancellor Mike Sfraga (left) presents a special camo-designed Nanook hockey jersey to Col. Ronald M. Johnson, commander, United States Army garrison Fort Wainwright before the game Saturday. (Photo by Allen Shaw/Fort Wainwright PAO)



9th Army Band members Sgt. Kandra Scott (left) and Staff Sgt. Katherine Williams pose with the University of Alaska Fairbanks mascot at the UAF Women’s Basketball game against Colorado School of Mines. Nov. 10. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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